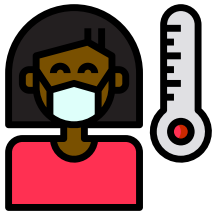# RETURN TO SCHOOL PARENT RESOURCES

THE BASICS
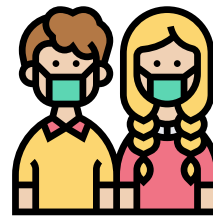
The 4 important things everyone can do every day to help slow the spread of COVID-19:
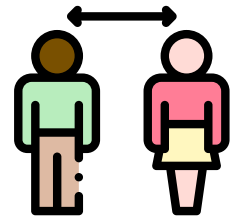
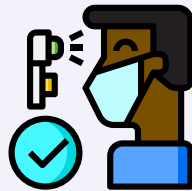**Temperature Checks** | **Hand Washing** | **Mask Wearing** | **Distancing**

Temperature Checks:

If a child has a fever over 100° F:

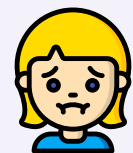- Contact a healthcare provider
- Keep your child home from school

5 Mistakes to avoid with your Mask:

#1: Not washing your hands
#2: Not covering your nose and mouth
#3: Touching or adjusting mask
#4: Masking too late, removing it too soon
#5: Reusing old/dirty masks

SICK CHILD, NOW WHAT?

If your child is sent home or stays home from school due to concerning symptoms, the best option is to have your child tested for COVID-19. Contact your pediatrician for advice.

A negative test result will allow a child to return to school when appropriate based on their symptoms.

Having symptoms of COVID-19 without testing OR having a positive test result requires isolation for **10 days** after the first day symptoms appear and improvement of symptoms. Additionally, going at least **24 hours** since last fever without using fever-reducing agents and improvement of other symptoms. If a child is without symptoms but tests positive, the 10-day isolation period begins with the date of the test.

SICK STUDENT OR STAFF

If a child or staff member at a school is diagnosed with COVID-19, cases must be reported to local health departments, and contact tracing is the best way to identify those who may be at risk for exposure. Interviews will determine who has been in contact with an infected person and their level of risk. Recommendations may be made for further care, testing, isolation and quarantine. Schools will work with their local health department to determine the need for school closure(s) or other actions.

SUPPORTING YOUR CHILD

Anxiety

Talk to children openly about their feelings and how COVID-19 is impacting their lives.

Seek mental health services at school if a child expresses anxiety or symptoms of depression to ensure adequate support during these stressful times.

Pay extra attention to children with a previous history of anxiety, depression or other mental health diagnoses.

Organization

Organization is a skill that must be taught and built upon as a child develops. Some children may be overwhelmed by the thought of staying organized through a combination of virtual and in-person learning this year, but boiling down the basics of organization will help teach your child how to be successful in areas such as:

Categorizing - knowing where an item or person needs to be.

Staying focused - doing what's expected or following a list and sticking with it.

Getting it done - finishing a task by checking the work and completing the finishing touches.

Routines

Regardless of whether your child returns to school in-person or virtually, stick to consistent, regular bed and wake-up times, meal and snack times and exercise breaks while easing into school and homework routines.